

Abstract

The present invention relates to dietary supplements. In particular, the present invention provides compositions and methods utilizing dietary supplements comprising fungus and bacteria co-culture growth media. In preferred embodiments, the bacteria is *Gluconacetobacter europaeus* or *Bacillus pumilus* or a combination thereof and the fungus is *Zygosaccharomyces*. The microorganisms are preferably substantially removed from the growth media. In preferred embodiments, the growth media is dried down, lyophilized, or spray dried to provide a powder.

10